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FUNDAMENTALS OF HEALTHY LIFESTYLE FORMATION IN RIMARY SCHOOLS

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Annotation

This article describes the role of bad habits and physical culture in the development of a healthy lifestyle in the primary grades of general secondary schools, ideas for engaging in a healthy lifestyle and measures to promote a healthy lifestyle.

Keywords: healthy lifestyle, formation, primary school, fundamental of health

Introduction.

The outbreak of the COVID-19 coronavirus pandemic in the world has shown that Uzbekistan, as well as other countries in the world, has a weak population, physical health and a healthy lifestyle.

COVID-19 coronavirus infection has primarily affected the health of our citizens suffering from cardiovascular and respiratory diseases, as well as obesity (overweight). As a result, today's pandemic has killed many of our citizens prematurely.

All of us have come to the conclusion that it is necessary to give up harmful habits, to engage in mass sports, to follow the principles of proper nutrition, in particular, to avoid pastries and sweets that are high in salt, sugar and fat. Today we need to stop consuming bread in excess, in short, we need to make a healthy lifestyle our daily life.

The development of a healthy lifestyle among students of secondary schools of the Republic of Uzbekistan is one of the priorities of today's education. Of course, in order to increase the interest of students in physical culture and sports, to strengthen their health, to ensure a healthy lifestyle, as well as to regularly participate in sports, in places (preschools, schools) , in order to increase the interest of students in sports in academic lyceums, vocational colleges, higher education institutions) President of the Republic of Uzbekistan Decree No. PF-5787 of August 26, 2019 "On measures to further improve the procedure." On the basis of this decree, in all educational institutions of the country (preschools, schools, academic lyceums, vocational schools, higher education institutions) with the construction, reconstruction and sports equipment of all physical culture and sports facilities provided.

Where there are good conditions, there will be development. Therefore, if all the conditions are met in the field of sports, that is, if the gymnasiums, special training areas specializing in various sports, all sports, are adequately equipped, then they must have a qualified teacher and coach. , if coaches teach, not only a healthy lifestyle, but also interest in sports will increase, and it is likely that a particular sport will become the content of their lives. In addition, elementary school science includes a variety of topics related to healthy living. Of these, the 1st grade science textbook (the world around us) includes topics such as "Keep Healthy", "Student's Agenda", "My Day off", "Eating Rules", and "Green Pharmacy".

3rd grade science textbook “Who is a person”, “Skin”, “Muscles”, “Skeleton”, “Heart and blood”, “Lungs and respiration”, “Digestive organs”, “Excretion of harmful substances from the body "," Food and nutrition rules "," Nervous system "," Sensory organs "," Avoid smoking! "," It is easier to prevent than to cure! "

The theme of the 4th grade textbook is "Fresh air, clean water - a guarantee of health." During the transition to these topics, the teacher explains to the students in detail the situation of children who drink alcohol, sniff, smoke drugs.

Introduces the contribution of our ancient ancestors in the protection of man and his health. Of these, Abu Bakr ibn Ahawi, Abu Mansur Bukhari, Abu Sahl Masih Jurjani, Abu Rayhan Beruni, who lived in the tenth century, in their works provide information about many diseases that occur in humans and the drugs used to treat them.

Ibn Sina said that contaminated water and air played an important role in the origin and spread of various infectious diseases, and recommended that water be boiled and then consumed. He based his knowledge on various factors in the environment, such as microbes, invisible "small animals" that spread disease through air and water. He expressed his views on the need to protect the external environment and follow the rules of personal and general hygiene in the prevention of diseases 1,000 years ago. Nowadays, some of our students are people who smoke nasvai, cigarettes and even cannabis. An elementary school student imitates everything an adult does. During this time, there is a tendency to taste nasvai, cigarettes, and even cannabis.

Another way to protect students from various diseases and harmful effects is to inform students about the organs of the human body and its functions, physical training, hygiene rules in etiquette, nature, physical education classes, educational classes. .

For example, in the 4th grade etiquette textbook, the topics of “Health relatives”, “Alcoholism”, “Harmful behavior and habits”, “Understanding drugs”, “How to spend free time” in primary school educational hours. What are bad habits? ” What do they lead to? ”And“ There is no place for bad habits on earth. ” In the 3rd grade science textbook on the structure of the human body from primary school onwards, in the section "Keeping our health" in the section "Who is a human being?", "Skin", "Skeleton", "Muscles", "Heart and blood", "O "Pka and respiration", "Digestive organs" and other topics. In the process of getting acquainted with the muscles, heart and lungs, digestive organs, students learn that the functions of their body organs are closely interrelated.

In this case, the activity is controlled by the nervous system. The nervous system is explained by a diagram. What does the nervous system need to know in order to stay healthy and functioning properly? To do this, first of all, it is necessary to follow a daily regimen. When you work, rest and eat at a certain time, the nervous system does not get tired and works properly. It is also useful to change the type of work to strengthen the nervous system, to engage in physical activity and sports, to wipe with a wet towel every day after morning gymnastics, to take a shower in the morning.

One of the most common illnesses in students is respiratory illness. Respiratory organs in children have a number of structural features. Their nasal cavity and bronchial mucosa are more sensitive to dust, air and smoke than adults. Therefore, the air in the classroom is changed frequently.

Students should be aware that they should breathe through their nose, not through their mouth, because the nose has the property of warming the air and trapping dust. Digestive organs in children have a number of structural features.

The esophagus and stomach are thinner and thinner in children and are more likely to burn when consuming hot foods. So they need to eat warm, easily digestible, vitamin-rich foods. Hands should be washed thoroughly before eating. The children are shown the scheme of oral absorption of food and explained to the children about food hygiene.

It explains the function and structure of teeth, their maintenance, and the fact that tooth enamel breaks down as a result of cracking, causing tooth decay and severe pain. We would like to bring to your attention a one-hour lesson on the function of the teeth, based on the plan of the 4th grade educational hour "Our health is in our hands." The event was organized and held as follows:

- Harmful habits Nas, cigarettes, cannabis, interest in tasting alcohol begin in school;
- Harmful habits affect not only the health of the student, but also the health of others;
- Learning bad habits encourages anti-social behavior;

- ❖ Causes various injuries.

Based on these considerations, we came to the following conclusion:

- ❖ Primary school is an important step in preventing the development of harmful habits that pose a threat to human health;
- ❖ The use of the heritage of our ancestors in terms of health care gives good results;
- ❖ personal example plays an important role in overcoming bad habits;
- ❖ Students develop the ability to prevent factors that adversely affect health;

A sense of appreciation for the health of the individual and others is nurtured.

Conclusion

In conclusion, it should be noted that the development and promotion of a healthy lifestyle in general secondary schools and in all educational institutions, in our society as a whole, the protection of young people and the population from harmful habits, regular participation in sports. It is not only the responsibility of us educators and experts in the field, but also of the people in our society as a whole, is a responsible task. After all, health is the key to life.

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